

Fitness Attire: T-shirts, gym shorts, sweat suits, supporters, athletic bras, socks, and towels are provided and laundered by the Center. Athletic shoes, however, are not provided. Students must bring a new pair of running shoes and court shoes with good lateral support to FLETC. (Old, worn-out shoes are the cause of many injuries)

Food for fitness: Combining proper diet and exercise produces maximum results. FLETC offers delicious and highly nutritious foods as well as guidance from nutrition experts to help you reach your goals.

Start your commitment today!!

For additional student information on what to expect at FLETC, visit:

<http://www.fletc.gov/student.htm>



Start your commitment today!



Further information on FLETC is available at:

<http://www.fletc.gov/student.htm>



START YOUR COMMITMENT TODAY
Get Fit Before You Go To Training



Customs and Border Protection

Get Fit Before You Go

The prime motivating factors for better physical fitness are pride and a desire for improving your personal health and wellness. For our employees, a strong motivator can be the realization that your life and possibly the lives of others could depend on whether you are physically fit. Therefore, you should engage in a regular fitness program now to meet these challenges.

You will be required to successfully complete a rigorous training program at the Federal Law Enforcement Training Center (FLETC) in Brunswick, Georgia. Prior to engaging in physical fitness activities, all students are required to pass a medical screening. Students who arrive overweight and out of shape present an undue risk to the health and safety of themselves and others and may be sent home. Don't let this happen to you!

To assure your safe and successful participation in this training, it is essential that you report to FLETC in good physical condition. At FLETC, you will participate in a comprehensive physical fitness and testing program under the watchful eye of highly trained, skilled and proficient instructors. Physical training activities will be conducted both indoors, in state of the art athletic facilities, and outdoors on fields, tracks and roadways. Often times, this training is conducted under hot and humid conditions.

Getting Physically Ready:

Don't wait until you arrive at FLETC. The hiring process may take several months and you may be required to report to your duty station prior to going to FLETC. ***This will give you plenty of time to prepare yourself for the physical demands and requirements of training. Make a commitment to start your exercise program now.***

If you are currently out of shape, start slowly with walking and stretching activities and progress gradually to more strenuous forms of exercise. **To reduce the risk of injuries, it is extremely important not to do too much too soon.**

You should progress to a program of regular fitness that is designed to develop and maintain your strength, endurance, agility, and aerobic capacity. Therefore, you should concentrate on walking/running, push-ups, sit-ups, and upper/lower body strength development using resistance.

It is recommended that you consult with your physician prior to starting an exercise program or intensifying your current program.

Fitness at FLETC:

Once at FLETC, you will be participating in a number of vigorous training activities and you will be expected to fully participate in these programs.

This includes defensive tactics, daily physical fitness training programs, and regular fitness testing and assessment activities. The goal of this training is to give you the tools to do your job, to teach you to develop a lifelong fitness habit, and to improve your lifestyle.

Training activities include: warm-ups, calisthenics, flexibility training, partner assisted stretching techniques, cardiovascular conditioning, running on roads and trails, spinning classes, resistance training (using both free weights and machines) and hitting and striking activities.

Testing components include:

- Weight and Body Composition
- Sit and Reach (Flexibility)
- Bench Press (Absolute Strength)
- Shuttle Run (Speed/Agility)
- 1.5 Mile Run (Cardiovascular Endurance)
- 3 Minute Step Test (Cardiovascular Screening)
- Maximum Push Ups in One Minute (Strength/Endurance)
- Maximum Sit Ups in One Minute (Strength/Endurance)